Resting heart rate log

Before you get up, every morning. A rise of five or more for a few days means rest.

MONTH

MY USUAL

DAY	BPM	SLEPT OK	TRAINED YDAY
1		☐	☐
2		☐	☐
3		☐	☐
4		☐	☐
5		☐	☐
6		☐	☐
7		☐	☐
8		☐	☐
9		☐	☐
10		☐	☐
11		☐	☐
12		☐	☐
13		☐	☐
14		☐	☐
15		☐	☐
16		☐	☐

DAY	BPM	SLEPT OK	TRAINED YDAY
17		☐	☐
18		☐	☐
19		☐	☐
20		☐	☐
21		☐	☐
22		☐	☐
23		☐	☐
24		☐	☐
25		☐	☐
26		☐	☐
27		☐	☐
28		☐	☐
29		☐	☐
30		☐	☐
31		☐	☐

Count for 30 seconds and double it, or use a watch. It drops as you get fitter.